

Maine Youth Suicide Prevention Program

Education, Resources and Support. It's Up to All of Us.

MAINE YOUTH SUICIDE QUICK FACTS

Suicide:

- From 2003-2007 there were a total of 832 suicides in Maine. Of those suicides, 102 were youth: two youth aged 10-14; forty-six 15-19 year olds; and fifty-four young adults aged 20-24. This represents an average of 20 youth suicides per year.
- Suicide is the 2nd leading cause of death for youth aged 15-24, and the 2nd leading cause of death for young adults aged 25-34.
- More young people die by suicide than from homicide. For every homicide among 15-24 year olds, there are 4 to 5 suicides.
- More male youth die by suicide than female. Of every 5 suicides, 4 are males.

Self-Inflicted Injuries:

- Most suicidal behavior is not fatal. It is estimated that, for every completed suicide, there are from 25 to 100 non-fatal youth suicide attempts. Rates of self-inflicted injuries for females are higher than rates for males.
- From 2002-2006, there were 1,669 hospitalizations for self-inflicted injuries among children and youth aged 10-24, an average of 334 a year. Children aged 10-14 made 199 visits; adolescents aged 15-19 made 818 of these visits, young adults between the ages of 20-24 made 652 visits. The female 15-19 age group had the highest overall rate, 23.2 per 10,000 of hospitalization for self-inflicted injuries across all age groups.
- In the 2007 Youth Risk Behavior Survey, 11.2% of high school and 17% of middle school students reported seriously considering suicide in the past year. 4.8% of high school and 6% of middle school students reported making at least one attempt.

Lethal Means:

- From 2003 to 2007, a firearm was used in 5 of 10 youth suicides. Access to and availability of firearms is a significant factor in youth suicide, because most suicide attempts by firearm are fatal.
- A firearm was used in almost 56% of male and 27% of female youth (ages 10-24) suicides.
- The second leading method of youth suicide is hanging, accounting for 4 of 10 suicides. Between 2002 and 2006, hanging accounted for 36% of male suicides and 44% of female suicides among youth aged 10 to 24.
- Poisoning is the most common method of non-fatal self-inflicted injury for both males and females.

Resources:

- For immediate help in a crisis, call the Statewide Toll Free Crisis Line: 1-888-568-1112 to be connected to a crisis worker near you.
- For more information or youth suicide prevention materials, call 1-800-499-0027 or 207-287-8900; TTY: 1-800-606-0215; email the Information Resources Center at osa.ircosa@maine.gov, or visit the Maine Youth Suicide Prevention Program Web Site at <http://www.mainesuicideprevention.org>

Data from the Maine Office of Data, Research, & Vital Statistics, Maine Hospital Discharge Databases, and Maine YRBS.
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